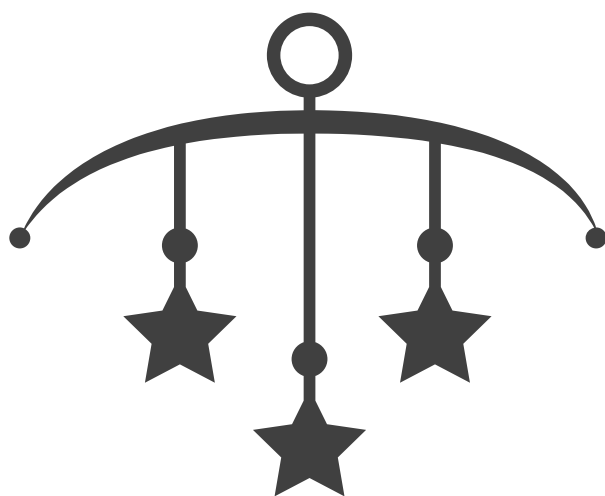


Dream

JOURNAL & DIARY



This Book Belongs To

Introduction

Waking up from a lovely dream can be an almost magical experience. You're saturated in a state of well-being that's so vivid, it's almost hard to understand that it isn't "real". But with each waking second, the experience of the dream fades away. After a few minutes, it's hard to even vaguely remember what it was all about. That's when a dream journal comes in handy. Capturing recollections of a dream as soon as you wake up in your cozy bed, even it's in the middle of the night, helps you retain its details and allows you to actually process it. What was the dream really about? Where did it take place? Who was in it? Did it tell you something about yourself that you didn't know?

Benefits Of Dream Journaling

Invent Creative Solutions : Recording your dreams can help you become better acquainted with the most irrepressible parts of your brain and realize the untapped potential of your imagination, helping you generate new thoughts and ideas.

Remember An Amazing Idea: Don't let a nighttime flash of brilliance slip away in the morning. Many iconic works of art were born in a dream. Mary Shelley's Frankenstein's monster, for instance, was the product of an afternoon nap.

Solve Problems: The sleeping mind can be likened to a computer that runs several programs at once, processing unconscious thoughts that are free of the habits and social norms that restricts our daytime thinking. Writing down the fragmented impressions of dreams helps us capture some of our nocturnal out-of-the-box thinking and make connections between complex thoughts

Learn From Mistakes: When you write down your dreams, you can go back and review them over time. This can help you see patterns in them, which in turn can help you spot behavioral patterns in your life. In that way, a dream journal can be an invaluable tool for understanding your true feelings and gaining perspective on matters that you didn't see clearly at the time.

How To Use This Journal

This dream journal contains space for you to document and explore the dreams that come to you during the night. It is best to write down your dream as soon as you wake up while the memory is fresh, but you can journal any time of day (or night!). Include as much detail as you can remember. Small details may seem insignificant at first, but after time, you may notice patterns or recurring themes that you wouldn't have otherwise recognized. Track your sleep quality to give you additional insight, are you sleeping worse when you are stressed and does that present itself in your dreams? Label your dream with a title or theme to give it some context. Jot down any symbols that appear in your dream.

Being connected to our dreams is one of the best ways we have to find a connection to our deeper, wiser selves.

Yearly Them and Symbol Tracker

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Yearly Them and Symbol Tracker

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Create a legend with color codes or symbols to track recurring themes, then plot them in the calendar to identify patterns in your dreams over the course of the year

Calendar Legend

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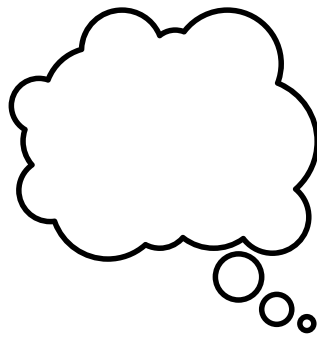
Additional Notes

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Sleep Tracker

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EVERYTHING'S



Starts

 ***With a*** 

DREAM

☐ S ☐ M ☐ T ☐ W ☐ T ☐ F ☐ S

Description:_____

Dream Details

- People / Characters:

- Location / Time of the day:

- Signs / Colors / Smells / Sounds:

- Weather:

Interpretation

My Thoughts After The Dream

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.